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Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain

By Colleen Carney, Rachel Manber

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain, Colleen Carney, Rachel Manber, Insomnia usually appears in the presence of at least one other disorder. Particularly common co-occurring conditions include major depression, generalized anxiety, attention deficit/hyperactivity in children, and chronic pain. In sleep clinics, insomnia patients with co-occurring psychological disorders outnumber those with only insomnia two-to-one yet there are no books currently available to help those with insomnia comorbid with another mental health condition. "Quiet Your Mind and Get to Sleep" offers solutions to this sizeable population in a practical, step-by-step manner that simulates the experience of visiting a sleep therapist. This programme in this workbook is based on a proven-effective cognitive behaviour therapy (CBT) treatment program created by coauthor Colleen Carney. Readers will learn new skills for dealing with insomnia and complete simple worksheets and assignments that will help them evaluate their insomnia as well as their comorbid condition.


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